



ELECTRIC COOKERY DUEL

The following demonstration was prepared for use by REA Home Electrification Specialists for very large audiences, but may be adapted to use in other meetings, where this type of demonstration is desirable. It is offered to cooperative Electrification Advisers and others with that thought in mind.

The following demonstration was prepared for use by REA Home Electrification Specialists for very large audiences, but may be adapted to use in other meetings, where this type of demonstration is desirable. It is offered to cooperative Electrification Advisers and others with that thought in mind.

The following demonstration was prepared for use by REA Home Electrification Specialists for very large audiences, but may be adapted to use in other meetings, where this type of demonstration is desirable. It is offered to cooperative Electrification Advisers and others with that thought in mind.

The following demonstration was prepared for use by REA Home Electrification Specialists for very large audiences, but may be adapted to use in other meetings, where this type of demonstration is desirable. It is offered to cooperative Electrification Advisers and others with that thought in mind.

COOKING DUEL -- DEMONSTRATION

30 - 35 minutes for demonstration;

5 - 10 minutes to select winner.

I. Purpose of Demonstration.

To demonstrate the advantages of electric cookery, and give some specific information on the operation of the electric range.

II. Stage Setup:

Range and refrigerator; or permanently installed kitchen.

Two card tables with white oil cloth covers. Place one near side of stage. Be sure not to obstruct view of range oven.

One electric cookery chart--hang on left side of stage.

Two low bowls for flowers, one on range and one on refrigerator.

III. Demonstration Plan for Evening Demonstration.

A. Oven Meal - Work out the timing, according to the kind and weight of meat used, so that whole meal is put in at 7:20 to 7:30 and out at 8:50.

B. Well-Cooker - Work out timing, so that vegetables and pudding will go in at 7:30 or 7:45 (allowing 10 - 15 minutes to reach boiling point) and out around 9:00.

C. Surface Meal - Spanish Pork Chops or "Plowman's Special"
Have pork chops browned in advance and all ingredients for dish on tray, on work center or on table back of range.

D. Beets - Put on to cook just as program begins at 8:00.

E. Steak - Have steak on broiler rack covered with wax paper and garnished with parsley. Take out of refrigerator at beginning of program, and place in broiler pan (to warm up to room temperature). Show to audience in broiler pan. Remove parsley before broiling.

F. Have trays, serving dishes, and other equipment assembled where they can be reached easily.

G. Take all foods back stage to garnish food before displaying, if it is feasible to have break in the program. If not, then have garnishes in bowl in refrigerator, and work out a plan for garnishing each dish with the assistants, so that it may be quickly and easily done right on the stage. Suggest giving most of the food to the contestants. Perhaps one or two dishes might be given to audience.

IV. Summary.

Make summary and conclusion forceful and dramatic.

V. Selection of Winner, and Presentation of Awards.

ELECTRIC COOKING DUEL

Demonstration on the Electric Range

Master of Ceremonies:

Note: Introduce Electrification Adviser as person whom they all know, etc. Give a brief buildup for the demonstration that is about to be staged, but without disclosing fact that the duel is between two local men.

Electrification Adviser:

I. Introduction.

Thank you, Mr. _____, and good evening, ladies and gentlemen. I am, indeed, glad of the opportunity to be here with you tonight. It is truly a great day, when hundreds of farm families in this area of _____ (State) can come together to participate in such a program as this _____, where we can discuss together the many uses of electricity for the farm and home, and see many of these uses demonstrated. It is significant because it was through the cooperative effort of you and your neighbors that electricity was made available here at a price that makes it possible for you to use it abundantly.

As we think of the great benefits of electricity in the farm home, we immediately think of cooking with electrical equipment. The electric range brings into the farm home the most complete way of cooking that is known today. When used with the electric refrigerator the homemaker has an unbeatable team for food preparation. She can "cook food hot" or "cook it cold."

Use Chart Electric cookery is clean, cool, dependable, healthful, safe, and economical. I want to place particular emphasis on the point of economy--electric cookery means economy in time and labor, as well as money.

We want to bring out these points here in our demonstration tonight, and we believe you will enjoy the way in which we plan to do this--and that it will prove to you that electric cookery is all we have said it is.

Many questions have come up in this section about the merits of the electric range, as being the cleanest, easiest, safest, coolest, and most convenient way to cook. Well, it all resulted in a controversy between two prominent men in this section, as to who is the best cook and who can best demonstrate the advantages of electric cookery in the farm home. So, Mr. Allen of _____ has challenged Mr. Brown of _____ to a duel--an

electric cooking duel. (Substitute local names--use local men--popular and good-natured co-op members, possibly some of co-op directors, or other well-known people.)

The duel will take place right here on this platform, and the weapons these two great duelists will use are a 1950 electric range, good _____ (local State) home-grown food, and good cooking utensils. Each contestant will be allowed one attendant (use one or two local home economists, two local 4-H Club girls or co-op members' daughters whom you have coached in advance).

Will the duelists now please come to the stage? Now, while they are coming up here, let me call your attention to the weapons chosen by the duelists--these (point to range - pick up pan), ladies and gentlemen, represent the best and latest that have been designed for the farm kitchen, to insure the family of good, healthful food cooked at a low cost, and at a great saving of the time and energy of the homemaker.

Have helpers
assist men
with aprons.

Since Mr. Allen challenged Mr. Brown, why, that gives Mr. Brown the first choice of the armor of protection--namely, one of these spring aprons. (Show aprons.) Of course, they really don't need them, for electric cookery is a very clean way of cooking, but they insisted on having them. (Have men walk across stage.)

They look quite smart, don't they?

II. The Duel.

Now, friends, you are about to witness the first and only duel of its kind, ever staged in this section. Each contestant has chosen certain dishes to prepare here tonight, using certain parts of this most versatile electric range, and each hopes to prove two things:

First, that the electric range affords the best way of cooking for the farm families in this section.

Second, that he is the best of the two cooks, and the most deserving of the unique and valuable trophy, to be awarded by the exclusive club known as the Men's Order of the Frying Pan.

The audience will be the judge, so I ask that you give these men your undivided attention and your most loyal support. It will be a very fast moving duel, and do note as they go along, the speed, safety, simplicity, and dependability of these modern weapons they are using.

1. Turn switch on large unit & show Mr. Brown his tray of ingredients. This duel will start by Mr. Allen's cooking a very special dish of his--a "skillet meal," which he often calls a "Plowman's Special," because it is so easily prepared and cooked on the electric range--and Mr. Brown here will broil a steak.
2. Show Mr. Allen where steak is, and give him needed assistance in taking out oven meal, and adjusting racks. While Mr. Brown is getting his steak ready, Mr. Allen will get this "skillet meal" underway. In this big pan (have him take lid off and show chops to audience, by slightly tilting pan), he has six nice big, juicy pork chops already browned with chopped onion and green pepper. On top of these he will put $1\frac{1}{2}$ cups of raw rice, and pour over this 1 quart of canned tomatoes--home canned tomatoes that he brought right along with him! That's quite a meal, isn't it?

Well, Mr. Allen says that's enough food to feed six people, generously--and he would also like for you to take a look at this pan (hold pan up where audience can see). He says it is just the kind of skillet every family should have. Note that it has a close fitting lid, to keep the steam right inside--that's economy, as you will see as we go on with the demonstration.

Now, Mr. Allen has the meal on to cook, with the switch turned to High. He chose the large unit, because it is a high speed unit, which will have this meal steaming in 5 to 10 minutes--note that the pan fits snugly over this unit. As soon as this starts steaming, he is going to turn the heat completely off, and finish cooking on stored heat--which is really free heat--for 30 minutes. Since he is using controlled heat, no peeking or stirring is necessary. He is going to use this Time Signal to tell him when the time is up. This is a little device that works like a clock--just set it for the cooking period, up to 60 minutes, and it will ring a bell to tell you when the time is up. He says that he thinks this is a very desirable feature to have on the range. He says he can always have his eggs cooked just as he likes them, since he started using this Time Signal.

Mr. Allen says the reason he calls this a "Plowman's Special" is because when his wife is away or very busy with some special job, he can get a good, hot meal for the family in almost no time at all. With an electric range, he can go right into the kitchen, put a pleasing combination of food similar to this in a large pan, bring it to a steaming point, turn the switch Off, or to Low heat, and go on about his other work, during the cooking period. He has a whole meal in one pan that can be served in one dish--all cooked in

40 to 50 minutes. He says he has prepared this kind of meal a lot of times, without missing time from his plowing or other work!

Helper

While this discussion is going on, turn broiler switch on.

Now, let's turn our attention to this broiling feat that Mr. Brown is about to perform. Say, what's this? Oh, a surprise, says Mr. Brown! Just one of the tricks that these ingenious contestants have up their sleeves. Here is a whole meal, from meat to dessert. I have heard rumors about Mr. Brown's being a magician, so really, I am not surprised to see him pull this complete meal out of the electric oven. Well, Mr. Brown, let's show this meal to the audience. (Use mirror - make brief comments about food.) Mr. Brown says he planned this meal:

First, to show that the ovens of the modern electric range are large enough to take care of the cooking needs of the average farm family, and any additional people during planting and harvesting seasons--and company, too. Note the amount of food he has prepared.

Second, to show the dependability of the electric range. Here he put a whole meal in this oven early in the evening, and set the temperature control at 350° F. Then he set the automatic timer to turn on the current, cook the food for 1½ hours, and then turn the current off again. This meant that Mr. Brown could go out to see the exhibits--without a single worry about this meal. With this accurate temperature control and automatic timer, it wasn't necessary to even open the door while this food cooked. Now that means something to the busy farm homemaker, who shouldn't have to spend her time tending or watching such foods while they cook. That hour and a half could well be spent doing more productive work, or just plain resting.

Third, to show the economy of operation of the oven--to cook a whole meal at one time is economy in electricity as well as time and labor.

Fourth, to show with controlled heat, how well a variety of foods may be cooked at one time.

And, last, to emphasize safety of electric cookery. With controlled automatic heat, there is no fire hazard. Mr. Brown says every farm family fears fire as its most dangerous enemy, and that's why safety is listed as one of the chief advantages of electric cookery for the farm home.

The absence of flame in the electric range removes every vestige of fear about the homemaker's leaving her kitchen, while food is cooking--no worry about drafts, when the doors and windows are left open. There is no fire to go out. She may go out in the garden or even miles away, with a feeling of safety.

Helper

Now, Mr. Brown is ready to put this steak (show steak quickly Assist Mr. Brown to the audience and put under broiler unit).

in getting the broiling started, With an electric range, it is now possible for farm families then place oven to really enjoy good broiled meats. Broiling is one of the meal on trays and best and most healthful ways of cooking our tender cuts of hand to other meats. Mr. Brown says, "First, give me a nice big, thick assistant to take juicy steak, and second, an electric range, and I will turn to the kitchen. out a dish that will make any man hungry."

The switch has been turned to Broil, and the temperature control has been moved up to the highest point, just so the current won't cut off while the steak is cooking, for Mr. Brown says you need glowing, direct heat all of the time. Now, we will leave him with the steak, while we turn our attention to Mr. Allen. Oh, Mr. Brown says I didn't tell you about the cooking time. This depends upon the kind of meat, whether you want the steak rare, medium or well done. He has chosen to cook this three-pound steak to medium doneness, which will take about 18 to 20 minutes on one side, then turn it--and cook it the same period of time on the other.

One last word about broiling. Note that Mr. Allen has left the door partially open--he did that in order to have a free circulation of cool air under the lower side of the steak. That is how we get a good broiled flavor. To close the oven, we would get a roasted steak. We may get faster broiling by moving the rack up nearer the unit. The placement of the rack depends a great deal on the type of meat you are broiling, and how you want it cooked. You will find this information in your range instruction book.

Now, let's see what Mr. Allen is doing. Another surprise, he says, but before he shows this dish to you, there are a few other points on using the surface units that he wants me to tell you about. First, on the modern electric range, you can select any heat you need, from a very High heat to just enough to keep your foods warm. Second, that with accurately measured and controlled heat, you can do most of your surface cooking without any watching and attention. You can steam most of your vegetables, using a very small quantity of water. This means that you conserve more of

the valuable food elements--the vitamins and minerals. That's one of the reasons why we say electric cookery is such a healthful way to cook. Third, then it takes less electricity to cook foods this modern way, using controlled heat, small quantities of water, and utensils with close fitted lids, straight sides and flat bottoms.

To further demonstrate the point of accurately measured heat, and the economy of using it, Mr. Allen has cooked some beets. He says the farm women in this section are very interested in saving time and labor. The way he prepared and cooked these beets proves that--he just peeled them, just as you would raw potatoes, then diced them into small pieces, put them in this pan--note the flat bottom, straight sides, and close fitted lid--added some butter and salt, and they were ready to cook. No water was necessary, for with this controlled heat, they will cook in their own juice. Then he put them on this unit that just fits the bottom of the pan, which means no heat is wasted around the sides, and turned this switch to Low--and let them cook for 45 minutes. No watching, and he says it only took _____ watts (give wattage on Low of unit used) of electricity to do this.

Helper

Have bowl and spoon ready to take up beets.

Mr. Allen, let's use the mirror to show the audience your beets --- Note the lovely rich color, and Mr. Allen says his family will vouch for the delicious full flavor that they retain, when cooked this way.

Now, the duel goes on! Next we come to the well-cooker, which is one of the favorite parts of the range with Mr. Brown. He says he likes it: First, because it reduces the cooking cost to a minimum. The walls of this cooker are insulated (point to inside of well) or protected from drafts of air to conserve heat. Consequently, it takes little electricity. Second, because it lends itself well to so many things cooked in the average farm home--whole meals, soups, chowders, deep fat frying, steaming breads and puddings, etc. Third, because it saves time and energy, and eliminates the necessity of using a number of pans to cook a variety of foods.

So he has another trick up his sleeve--he prepared a whole meal in this cooker while Mr. Allen fixed one for the oven.

Helper

Have large serving dishes ready and assist Mr. Brown in taking this meal up.

In this six-quart cooker, he has a three-pound chuck roast--a cut of meat that should be cooked slowly and with moist heat--whole potatoes, onions and carrots, and a chocolate pudding. This is enough food to feed six people generously. He browned this roast, he says, right in the bottom of the cooker, then added 1 cup of canned tomatoes to furnish the

steam, and cooked it one hour. Then he put the vegetables and pudding in. The switch was turned to High, _____ watts (give wattage), until the food started steaming, then the switch was turned to Low, _____ watts (give wattage) for 1½ hours. So you see, the cost of cooking this meal was very low. (Note -- If cooker is equipped with automatic switch device, explain to audience.)

Helper

Use mirror
to show meal
quickly here.

Mr. Brown says the reason he chose this meal, was to show that you could cook strongly flavored vegetables, such as onions, along with the dessert without any intermingling of flavors. Truly marvelous, he says, and think of the time it saves!

Helper

Use mirror and
show steak on
rack in broiler
pan.

Now, let's see this steak Mr. Allen has just taken up. Isn't that a lovely steak? Mr. Allen says it's a real pleasure for a man to do the broiling at home, when he has accurately measured heat at his finger tips.

Well, my friends, this fast moving duel is about to reach the climax--that great moment, where these famous cooks will show you, the judges, their electrically cooked products, and let you decide who is going to be declared the champion in this duel. For this, we must ask for a little time out for the contestants to get the foods ready for display.*

Before leaving the stage, I should like to ask that you give serious consideration to these points--(point to chart) for they are really the deciding factors in this unusual duel staged here tonight, to not only choose the champion cook in this section, but also to prove that the electric range brings the most complete and best way of cooking into the farm home, at a price the farmer can afford to pay.

* Note: The duel may be finished up (1) right at this time, by having assistants garnish food on the stage, or (2) right after the next number on the program. If the latter plan is used, announce that the program will continue, and turn microphone over to Master of Ceremonies as you leave stage.

III. Conclusion.

And now we are back for your decision. Let's start with Mr. Allen's foods here. (Show oven meal, and make brief comments.)

Now it's Mr. Brown's turn. (Show "Plowman's Special.") Mr. Brown says this will really stick to a hungry man's ribs--and that's what Mr. Allen also said about his food.

(Next, show beets -- comment. Then show well-cooker meal.) Mr. Brown says if there's any doubt in anyone's mind about the flavors mixing, that he'd be glad to have you come up and taste this food after the demonstration is over.

So, now let's declare the winner. Mr. _____ (Master of Ceremonies), won't you come up here and assist us with this?

Master of Ceremonies: - (Take microphone. Note: Have decision made by applause from the audience. Have Mr. Allen hold oven meal tray, and Mr. Brown the cooker meal tray, and stand near edge of stage. Award large "pie pan medal" to winner, and small "pie pan medal" to the other.)

Electrification Adviser: - (Take microphone.) It has been a pleasure to work with such excellent cooks, and such a responsive audience. These men can actually demonstrate the things they know electric cookery will do in the farm home, and I hope you will go home tonight, thinking about electric cookery as a necessity in your home, and that you will start planning to enjoy the benefits that electric cooking appliances can bring to you.

Thank you, and good night.

Master of Ceremonies: - Continue with the program.

(Note: Suggest that Master of Ceremonies make few brief remarks, urging the Cooperative members to apply the information given on their farms and in their homes, and that he and the Electrification Adviser will be available to give them any assistance possible.)

Menus and Recipes for Cooking Duel

Well-Cooker

Pot Roast
Potatoes - carrots - onion
Chocolate Pudding.

Comments on Food Selection and Preparation

3# Chuck Roast
Medium size.. May be
necessary to double
recipe, depending on
size of pan.

Surface Meal

Spanish Pork Chops with
Rice.

Select loin chops
1 inch thick. Have
tomatoes in glass
quart fruit jar.

Surface Cookery

Diced Beets - No recipe given.

Broiling

Steak or Fish - No recipe given.

Whichever is selected,
it should be large
enough to show up well
to audience.

Steak should be 2 inches
thick, weigh $2\frac{1}{2}$ to 3 lbs.
Select Porterhouse or
Sirloin.

Oven Meal

*Time $1\frac{1}{4}$ - $1\frac{1}{2}$ hrs. *Temp. 350° F.

Baked Fish, Chicken or Ham end - No recipe given

Baked Potatoes - String Beans, Southern Style

Ginger Bread or Apricot Ring Cake

*For fish use 375° F. for $1\frac{1}{4}$ hrs.

*For ham or chicken use 350° F. for $1\frac{1}{2}$ hrs.

RECIPES

Well-Cooker Meal

Time - $1\frac{1}{4}$ hours after vegetables and pudding are added*; $2\frac{1}{4}$ hours total time.

Roast

3 lb. chuck roast
Flour
Seasonings

2 bay leaves
1 cup canned tomatoes

Season and dredge roast in flour. Brown well on every side in bottom of cooker kettle. Add canned tomatoes, and bay leaves. Turn switch to High until steaming, then turn switch to Low and cook 1 hour before adding vegetables and pudding. (When using portable well-cooker, use 500° F. for High and 350° F. for Low in setting thermostat dial.)

Vegetables

Carrots, onions, and potatoes - 5 or 6 of each. Prepare vegetables as for boiling. Place on top of roast - onions first, then carrots, and potatoes on top - press down so that trivet will fit over vegetables. Place pudding pan on trivet or directly on top of vegetables.

Chocolate Pudding

1 tbsp. butter
 $\frac{1}{2}$ cup sugar
1 egg
 $1\frac{1}{2}$ oz. chocolate or
6 tbsp. cocoa
1 cup flour

$1\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ cup milk
1 tsp. vanilla
 $\frac{1}{2}$ cup chopped walnuts or pecans
4 slices of pineapple
1 small bottle red cherries

Cream butter, add sugar, cream together thoroughly. Add egg, beat. Add melted chocolate. (If cocoa is used, sift with flour and baking powder.) Mix and sift the dry ingredients, add the vanilla to the milk. Add alternately to first mixture. Add nuts. Use whole pineapple ring in center of pan. Cut rest of pineapple slices in halves and place in bottom of buttered pan, around outer edge. Then add cherries in center of pineapple slices. Add pudding mixture and place on trivet on top of vegetables in cooker kettle. Cover. Turn switch to High position and cook until steam escapes freely, then turn to Low and cook for $1\frac{1}{4}$ hours.

*Note: If food seems under-done when cooked for period of $1\frac{1}{4}$ hours, increase timing to $1\frac{1}{2}$ hours. This is not apt to happen unless food is very cold.

Surface Meal

Spanish Pork Chops

6 loin pork chops	1 green pepper, chopped
1 inch thick	1½ cup uncooked rice
2 tbsp. fat	1 onion, chopped
Flour	2½ - 3 cups canned tomatoes
Salt	1 bay leaf

Place fat in pan that will fit large surface unit. Turn switch to High. When fat is hot, add chops that have been floured, salted and peppered. Brown chops on both sides, and cook for 10 minutes. Remove chops from pan, and brown green pepper and onions very slightly. Place chops back in pan and add remaining ingredients. Cover pan; when steam escapes from cover turn switch Off. Cook 30 - 35 minutes on Stored Heat.

Oven Meal

Green Beans, Southern Style

2½ - 3 lbs. green beans	6 slices bacon
Salt and pepper	½ cup water

Wash and cut beans; place in oven meal pan with diced bacon, salt, pepper, and water. Cover oven meal pan and steam with an oven meal. Temperature: 350° - 375° F. Time: 45 to 60 minutes.

Gingerbread

¼ cup shortening	1 tsp. cinnamon
½ cup sugar	2 tsp. ginger
1 egg	¼ tsp. cloves
2 cups flour	¼ tsp. salt
¼ tsp. soda	½ cup molasses
1 tsp. baking powder	½ cup sweet milk

Cream shortening and add sugar, creaming well. Add well-beaten egg. Sift and measure flour, sift with other dry ingredients. Add alternately with liquids to creamed mixture. Pour into well-greased pan and bake. Temperature: 350° F.

Apricot Cake Ring

Place halves of apricots around the edges of a greased mold (Oblong deep loaf bread pan is good for this), hollow side down. Place a red cherry in the center of each. Pour the batter into the mold and bake with Oven Meal $1\frac{1}{4}$ to $1\frac{1}{2}$ hours at 350° F.

$\frac{1}{2}$ cup butter
1 cup sugar
2 eggs

1 tsp. vanilla
2 cups sifted cake flour
 $2\frac{1}{2}$ tsp. baking powder

$\frac{2}{3}$ cup milk

Cream butter and sugar until light and fluffy. Add 1 egg at a time until both are beaten in. Sift flour and baking powder together twice. Add alternately with milk to which the vanilla has been added. Display on large lace, paper doily, garnish with a border of apricot halves filled with whipped cream and chopped red cherries.